

## Shabbat Sh'mot: May Each of Us Have a Name

On Shabbat Sh'mot, which begins Friday, December 27, we begin the book of Exodus with Parashat Sh'mot, so called because it begins, "Eleh sh'mot b'nei Yisrael.... These are the names of the children of Israel who came down to Egypt with Jacob." The rabbis teach that one reason we were worthy of redemption from Egyptian slavery is that by not completely assimilating, we retained our identity and our names.

A Hebrew name is an important part of Jewish identity. It is said that not only does a new Jew establish a covenant with God and the Jewish community, but God and the community commit to the same covenant with the new Jew. We proclaim his or her name publicly so that God and the community know who he or she is. Thus we are all linked to our communal history, our memory and our people.

At Shabbat services on Friday, December 27, we invite those who do not have a Hebrew name or who have forgotten the Hebrew name they were given to be called to the bimah for a blessing, to receive their chosen name and to be introduced to the community by that name. Please contact Rabbi Angel via her assistant, Gabby Volodarsky, to discuss your wishes and your name.

May we each be known by our names, and thus may our community be strengthened.

## CSZ Welcomes Rabbi Benay Lappe February 21 - 23

Sha'ar Zahav is proud to welcome Rabbi Benay Lappe as our 5763 scholar-in-residence. Rabbi Lappe was with us during Rabbi Angel's installation weekend and kept us spellbound with the story of her journey as a lesbian in the seminary of the Conservative Movement. A nationally respected Talmudic scholar, Rabbi Lappe has taught Talmud and Jewish Law at the Reconstructionist Rabbinic School and, more recently, at Milken Community High School in Southern California. The weekend will be full of learning, prayer and Torah.

An anonymous donor has generously offered a matching grant to CSZ to help towards the expenses of our scholar-in-residence weekend. This member will match donations, dollar for dollar, up to \$500. If you would like to make a donation to CSZ to ensure that this weekend will be fabulous and meaningful for all in our community, please send a check to the CSZ office and state that it is for the scholar-in-residence weekend.

In Pirkei Avot, the sayings of the ancestors, we learn from Rabbi Joshua ben Perachya, "Get yourself a teacher and find yourself a study companion." In Rabbi Lappe's sessions, we will have a rare opportunity to study with a remarkable teacher and there will be no lack of study companions! We hope that you will join us for what promises to be a great weekend. If you would like to volunteer to help with the weekend, please contact Melanie Kushnir (415/861-6932 ext. 305 or [mkushnir@shaarzahav.org](mailto:mkushnir@shaarzahav.org)).



## Family Chanukah Celebration:

Wednesday, December 4,  
6 - 7:30 pm

Special guest:

Songleader Marsha Attie

Bring all the kids to a post-Kadimah Chanukah celebration. Enjoy latkes, games, music and holiday fun. Light the candles with your Kadimah community! Open to kids of all ages.

## Alternative Lights on Chanukah

Rabbi Camille Shira Angel,  
Caryn Aviv and Joe Hample

Tuesday, December 3, 7 - 8:30 pm

What's your Chanukah story? The miracle of lights? Jewish national liberation? Jewish solstice ritual? There are more stories of Chanukah than you may have imagined, and more depth and wisdom in this "light holiday" than meets the eye.

Members and Nonmembers: Free

## Last Night of Chanukah Singles Extravaganza!

Saturday, December 7, 7 pm

Put on your dancing shoes and come to our Last Night of Chanukah Singles Extravaganza! We will begin the evening with Havdalah, then continue with Israeli dancing, shmoozing and eating. This will be a low-key singles event and space will be limited. Pre-registration by December 4 is required. To register, please contact Melanie Kushnir. Volunteers are needed too!

Members: \$10 Nonmembers: \$20



## From The Rabbi



### Hope—A Vital Life Force

By Rabbi Camille Shira Angel

What do we need to live? Our first inclination is to give material answers to that question - food, shelter, clothing. But there are answers that go deeper.

Rabbi Hugo Gryn tells the story of being in a concentration camp in 1944. At a certain point in winter, he related, "My father took me and some friends to a corner in the barracks. He announced it was the eve of Chanukah, produced a small clay bowl and began to light a wick immersed in his precious but now melted margarine ration. Before he could recite the blessings, I protested his waste of food.

"He looked at me, then the lamp and finally said, 'You and I have seen that it is possible to live up to three weeks without food. We once lived almost three days without water. But you cannot live properly for three minutes without hope.'"

In this season of thanksgiving, let us be grateful for all we have. As we celebrate Chanukah, the festival of lights, let us recall that even when history darkened, our tradition offered the generations that essential ingredient of survival—hope.

I hope you will join me this month at our Healing Service on Sunday, December 8 at 4 pm. Rabbi Natan Fenner and singer and songwriter Marsha Attie will lead us in prayer and reflection and the search for renewed hope in these difficult times.



### The December Dilemma: Being Jewish in a Non- Jewish World

Wednesday, December 11

7 - 9 pm



Teaching and discussion  
with Rabbi Angel  
and  
Educator Phyllis Mintzer



### CSZ Wish List

If you have any of the following items that you can donate to CSZ, please contact Melanie Kushnir (415/861-6932 ext. 305 or [mkushnir@shaarzahav.org](mailto:mkushnir@shaarzahav.org)):

- ❖ Large-screen TV
- ❖ Video Projector
- ❖ Projection Screen
- ❖ Microwave

### Beit Midrash

Co-chairs are Laura Lowe, Louisa Stone and Michael Chertok

Meets on the first Monday  
of each month

Congregation Sha'ar Zahav's Beit Midrash (House of Study) is a lay-led monthly meeting of congregants interested in Jewish learning, featuring guest speakers, Jewish texts, and learning together in a more formal setting. Our Beit Midrash relies heavily on chevruta study—study with a friend. We study a variety of topics pertaining to Jewish life. For more information on the Beit Midrash, please contact Melanie Kushnir (415/861-6932 ext. 305 or [mkushnir@shaarzahav.org](mailto:mkushnir@shaarzahav.org)). Our next meeting is December 2 at 7 pm and the topic is Keeping Jewish Spirituality During Christmas.

### Shabbat Dinners at Members' Homes

What better way to welcome Shabbat than dinner with friends and community members, followed by services at Sha'ar Zahav? Beginning this January, we will be holding monthly Shabbat dinners at members' homes. If you would like to volunteer to host a dinner in your home or would like to attend a dinner, please contact Don Fischer (415/841-1922 or [Donald.L.Fischer@us.pwcglobal.com](mailto:Donald.L.Fischer@us.pwcglobal.com)). Please join in celebrating Shabbat and community with this new tradition!

### Condolences

**Jonathan Funk**, on the death of his father-in-law, Robert Arnold.

**Sara Felder Noily**, on the death of her friend, Donald Montwill.

### December Anniversaries

- |    |   |
|----|---|
| 5  | Leslie Weiniger and Rhonda Jensen       |
| 8  | Claudia Bernard and Howard Herman       |
| 8  | Theodora Mauro and Pamela Miller        |
| 13 | Pieter de Haan and Ruth Rainero         |
| 25 | Lisa Lubchansky and Christina Nguyen    |
| 30 | Ruthy Talansky and Marvin Bennett       |
| 31 | Florence Nacamulli and Steven Nacamulli |
| 31 | Lynn Eden and Ruth Schoenbach           |
| 31 | Laura Lowe and Karen Brandman           |



## Social Action Connection

**T**here are many opportunities in December to get involved and make a difference. Here are a few:

\* Sign up to relieve volunteers at Project Open Hand on December 24 and 25. Help with meal delivery is especially needed. Turn in the form you received last month to Melanie in the office by December 5.

\* Join us at Most Holy Redeemer in the Castro to cook and eat with homeless people. You can come any Wednesday evening – and likely find our member Michael Schaffer hard at work in the kitchen! – but we are trying to have a larger presence on the third Wednesday of each month. This month we'll be there on December 18. Start and end times are flexible. Contact Michael Schaffer or Craig Persiko (craig@redcottage.com). Thank you, Michael, Jay and other CSZers who have expressed your intentions to come regularly. All are welcome.

\* Help plan events in conjunction with Freedom to Marry Week, February 8–16.

\* Help plan a panel/dialogue retrospective on the strides made toward freedom for lesbian, gay, bi and transgender people in the last twenty-five years since CSZ was founded, lessons learned and the distance still to go.

### Thank You

To **Lele and Rachel Field** for agreeing once again to co-organize our participation in Rebuilding Together. You'll be hearing more about this popular April event.

To **Allan Berenstein** for your ongoing work organizing the Tenderloin lunches.

To **all of you** who have pledged time to tikkun olam with our community.

To **Marianne Balin** for bringing domestic violence awareness and resources to our community in October, in conjunction with 21 Bay Area congregations who were recognizing Domestic Violence Awareness Month.

### Domestic Violence Awareness

On October 18 and 19, our congregant Marianne Balin addressed the topic of domestic violence from the bimah, encouraging members to reach out to friends and family who may be suffering from abuse by an intimate partner. Marianne reminded us that intimate partner abuse is very common. It is estimated that 31% of American women experience a violent or sexually abusive relationship over the course of a lifetime. National data suggests that 15% of victims are men. Intimate partner violence is common in the LGBT community; in the year 2000, 691 cases were reported among LGBT partners in San Francisco.

## How to Help Someone Who Is Being Abused

**1** Be willing to recognize intimate partner abuse. Victims of abuse often hide their difficult circumstance out of a sense of shame. Others may not realize that the abuse they are enduring is not normal. Some have been persuaded that they deserve to be treated abusively. It may be difficult for you to realize that the reason your friend has been isolating himself/herself is because the person abusing them does not allow them to see friends or family. If you notice that something seems amiss with your friend or loved one, be willing to consider that they may be being abused by an intimate partner. The high prevalence of this relationship dynamic suggests that you may be right.

**2** Say something about it. Repeatedly. Express your concern in a loving and nonjudgmental way. Survivors of domestic violence attest to the power of this kind of validation. Tell your friend that you are worried about his/her safety. They don't deserve to be treated this way. Help is available. Do not tire of repeating this message. It is a very powerful intervention.

**3** Refer – don't counsel. It is very important to avoid giving advice. Intimate partner violence can have lethal consequences. Leave the counseling to the experts. Phone counseling is available 24 hours a day, 7 days a week. You can call these numbers too. Counselors are happy to help you consider how best to help a friend or loved one.

• **WOMAN Inc (San Francisco)**  
415/864-4772

• **Community United Against Violence** (LGBT violence, San Francisco) 415/333-4357

• **National Domestic Violence Hotline** (for resources in other communities) 800-799-4357

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## Back Again By Popular Demand - Music In The Mishkan!



Music in the Mishkan, CSZ's fabulous chamber music series, returns for a fourth season beginning in February. This year's programming promises to enthrall and entertain. As in past years, Jewish composers will be featured in the series, and the musicians themselves will offer fascinating tidbits of musical knowledge during every concert.

The three concert dates and times are as follows:

**Sunday, February 9, 7 pm**  
(note the later time)

The popular Montclair Trio returns for an exciting program of string trios by Beethoven, Klein, Krassa and Francaix. The Trio consists of violinist and CSZ member Randy Weiss, violist Patricia Whaley and cellist Cheryl Fippen, all front-stand players in the newly formed Symphony San Jose/Silicon Valley.

**Sunday, March 23, 4 pm**

CSZ members Ruth Rainero, soprano extraordinaire, and Randy Weiss join Dr. Susan Eischeid in a multimedia presentation titled "Music of the Holocaust." An oboist and professor at Valdosta State University in Georgia, Dr. Eischeid will use the music composed at Terezin and

other concentration camps to explore the rich European Jewish cultural activity and its uses and abuses by the Third Reich during WWII. She has presented this recital in many venues across the U.S. to great acclaim.

**Sunday, May 4, 4 pm**

CSZ members Ruth Rainero, Randy Weiss and Robert Schwartz, piano virtuoso, are joined by San Francisco Opera Orchestra cellist Victoria Ehrlich for an extravaganza of exotic and evocative music by Saint-Saens, Debussy, Bloch and Ravel.

All concerts take place at Sha'ar Zahav and everyone is invited to shmooze with the musicians at a wine and cheese reception following each concert. Mark your calendars now and join us for these remarkable events. This is your chance to hear beautiful music performed by gifted artists in our lovely sanctuary.



To order tickets, contact CSZ Interim Program Director Melanie Kushnir (415/861-6932, ext. 305 or mkushnir@shaarzahav.org) or look for the Music in the Mishkan brochure in next month's Gaily Forward.

*Think Spring.  
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\*10/12 Flowers by **Anna Lichtenberg, Steve Mazer and Larry Wexler** in honor of Steven Bain's entrance into the covenant.

\*10/19 Onegs by **Richard Meyerson** in memory of Stanley Meyerson.

\*10/19 Flowers by **James Carlson** in memory of Philip Tuzzolino and Robert Roginski.

\*10/26 Oneg by **Michael Bettinger and Bob Goldstein** in honor of their 15th Anniversary.

\*10/26 Flowers by the **Rainero-deHaan Family** in honor of Pieter's entrance into the Covenant.

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Note that articles reflect the opinions of their author and not necessarily those of the congregation or its committees.

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December 2002, Volume 26,  
Issue #4



## THE ISRAEL COMMITTEE

Deepening our community's connection to the people, culture, history and land of Israel



### *Once Taboo, a Gay Israeli Treads the Halls of Power* (Excerpt from The New York Times, October 16, 2002)

Uzi Even, a 62-year-old chemistry professor and retired army officer, will become the first openly gay member of the Knesset (Israeli Parliament), moving from the quiet confines of his laboratory at Tel Aviv University to the tumult of legislative politics. It will certainly be a milestone, Mr. Even said, adding that there is no way to predict the reaction of ultra-Orthodox lawmakers, who have criticized his entry to Parliament. "It is a very symbolic step," he said in an interview at the Tel Aviv apartment where he lives with his partner. "People who for years were unmentionable will now be represented as part of Israeli society."

It has been more than nine years since Mr. Even catapulted the cause of gay rights into public consciousness in Israel in an emotional appearance before a parliamentary subcommittee that was shown on national television. In a personal account of discrimination, Mr. Even told lawmakers how in 1983 he lost his security clearance, was fired from his position in the military and stripped of his rank as a reserve intelligence officer after he was discovered to be living with a man. Mr. Even's story resonated widely in the news media, and it brought swift results. Three months after his appearance army rules were changed, prohibiting discrimination against gay and lesbian soldiers in recruitment, placement and promotion. Openly gay soldiers now serve without hindrance in all branches of the military. The changes in the army have been matched by similar trends in Israeli society, where homosexuality has gone from public taboo to wide acceptance in less than a decade. A large gay pride parade is

held each year in Tel Aviv, and the first such parade was held this year in Jerusalem.

"There has been a change, but the groundwork had to be prepared and it took a long time," Mr. Even said, recalling years of public campaigning. Mr. Even sued his university for spousal rights for his partner and won an out-of-court settlement in 1995. They took in a 16-year-old teenager who was rejected by his family because he was homosexual, and became the first gay couple in Israel to be recognized as foster parents.

Avraham Burg, the speaker of Parliament, who is Orthodox and a liberal member of the Labor Party, said Mr. Even's entry into the legislature was a reflection of the inevitable changes in Israeli society. "Gays were once in the closet, and now they are out of the closet in the Knesset too," he said.

Mr. Even said he would work in Parliament to promote legal recognition of gay and lesbian couples and families, making them eligible for welfare payments and other benefits and rights given to heterosexual couples. Mr. Even acknowledged that he faced an uphill battle in promoting legislation favoring gay people, but he argued that his entry into Parliament would pave the way for others while giving a voice to a community that was largely invisible for years. "I'm putting a face on us," he said. "I broke the glass ceiling, and now others can follow."

*The next Israel Committee meeting will be held on Thursday, December 19 at 6:30 p.m. To confirm the meeting or for more information about the Israel Committee please contact Co-chairs Steve Mazer (steve@rezam.com) or Miki Goralsky (Goralsky@aol.com).*



# December 2002 ❖ Kislev 5763 / Tevet 5763

SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY
1	26 Kislev	2	27 Kislev	3	28 Kislev	4	29 Kislev	5
		• 7 pm Beit Midrash		• 6:30 pm Prayerbook Hebrew I • 7 pm Alternative Lights on Chanukkah Class		• 4 pm Midweek Kadimah • 6 pm Kadimah Family Chanukkah Celebration • 7 pm JGF Editing		• 7 pm
Chanukkah								
8	3 Tivet	9	4 Tivet	10	5 Tivet	11	6 Tivet	12
• 4 pm Healing Service • 2 pm Kadimah Theater Trip • 7 pm JGF Layout				• 6:30 pm Prayerbook Hebrew I		• 4 pm Midweek Kadimah • 7 pm December Dilemma		• 6:30 pm • 7 pm
15	10 Tivet	16	11 Tivet	17	12 Tivet	18	13 Tivet	19
• 10 am Baby Chavurah		• 7 pm Keshet Committee		• 6:30 pm Prayerbook Hebrew I		• 4 pm Midweek Kadimah		• 6:30 pm • 7 pm
22	17 Tivet	23	18 Tivet	24	19 Tivet	25	20 Tivet	26
						OFFICE CLOSED		• 6:30 pm
Project Open Hand								
29	24 Tivet	30	25 Tivet	31	26 Tivet	JANUARY ARTICLES Please submit your articles as a Word document to kschiller@igc.org. No late submissions.		
• 10 am Baby Chavurah				1 PM OFFICE CLOSED				



*New Member  
Welcome Dinner*  
Friday, December 13

**H**ave you joined CSZ in 2002? If so, we invite you to join Rabbi Angel, members of the Va'ad, Keshet and Membership Committees for a catered Shabbat meal before services on Friday, December 13 at 6 pm at the shul. We'd like to get to know you better and hope you can join us for an hour of conversation and good food. Please let us know you're coming. Respond to the office (415/861-6932 or office@shaarza-hav.org) by December 9.

*Third Friday Dinner*  
Friday, December 20

**J**oin new and seasoned members for a friendly pay-your-own-way dinner before services. We'll meet at 6:15 pm at Il Cantuccio, just down the street from Sha'ar Zahav, on 16th Street between Dolores and Guerrero. RSVP by December 12 to the office (415/861-6932 or office@shaarzahav.org). Questions? Call Marianne Balin (510/338-3890).

*Second Annual  
Chanukah Party*  
for LGBT Jews Over 50  
and Their Friends

**O**n Wednesday, December 4 from 2-4 pm, join CSZ and the JFCS LGBT Outreach Committee for a festive Chanukah party for LGBT Jews over 50 and their friends. We will nosh, shmooze, enjoy a dramatic reenactment of the Chanukah story, listen to live Klezmer music and have a fabulous time! The party will take place at JFCS's Miriam Schultz Grunfeld Professional Building, 2150 Post Street at Scott, in San Francisco. It is easily accessible by MUNI Lines 24 Divisadero, 38 Geary and 4 Sutter. RSVP to Margaret Rothman at JFCS (415/449-1228 MargaretR@JFCS.org).

THURSDAY	FRIDAY	SHABBAT
30 Kislev	6	7
	1 Tivet	Gen. 41:1-44:17, Num 7:54-84 2 Tivet
Intro to Judaism	Va'ad Installation Chanukkah Oneg Social Aufruf of AJ Turpen and Ina Fried • 4:32 pm Candle Lighting • 7:30 pm Shabbat Services led by Rabbi Angel and Daniel Chesir	• 9 am Torah Study • 9:30 am Kadimah • 10 am Shabbat Services led by Ora Prochovnick • 7 pm Singles Extravaganza
7 Tivet	13	14
	8 Tivet	Gen. 44:18-47:27 9 Tivet
Va'ad Meeting Intro to Judaism	• 4:33 pm Candle Lighting • 6 pm New Member Dinner • 7:30 pm Shabbat Services led by Rabbi Angel Beth Jaeger-Skigen and Danny Kodmur	• 9 am Torah Study • 9:30 am Kadimah • 10 am Shabbat Services led by Ron Edelman and Anna Lichtenberg
14 Tivet	20	21
	15 Tivet	Gen. 47:28-50:26 16 Tivet
Israel Committee Intro to Judaism	• 4:36 pm Candle Lighting • 6:15 pm Membership Dinner • 7:30 pm Shabbat Services led by Eileen Levy and Joel Ginsberg	• 9 am Torah Study • 9:30 am Kadimah • 10 am Shabbat Services • 10:30 am Tot Shabbat
21 Tivet	27	28
	22 Tivet	Ex. 1:1-6:1 23 Tivet
Ritual Committee Meeting	• 4:40 pm Candle Lighting • 7:30 pm Shabbat Services led by Lyssa Friedman and Paul Cohen	Baby Naming of Micah Pruyn Goldstein • 9 am Torah Study • 10 am Shabbat Services led by Rabbi Angel

**DEADLINE MONDAY, DECEMBER 2, AT 5 PM**

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Members wishing to contact any Va'ad member or committee chair are invited to obtain her or his number from the synagogue office.

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**Bikkur Cholim:** If you or a friend who is a member of Sha'ar Zahav are ill in the hospital or at home, and would like to have a member of the Bikkur Cholim Committee call or visit, please notify the synagogue office.

Member of the Union of American Hebrew Congregations and the World Congress of Gay, Lesbian and Bisexual Jewish Organizations.

## New Members

The Membership Committee is pleased to announce that our congregation gained the following new members this month. A warm welcome to the most recent people to join our family:

**Timothy Cassidy**

**Sasha Goldberg**

**Brian Grossman**

**Lisa Inman**

**Jeffrey Levin and Larry Hancock**

**Steven Schey and Kirk McDonald**

**David Stern, Pookie Kochatchawan and Maya**

**Gabriel Tames and Eliana Kaimowitz**

**Julia Weber, Charles Fineberg and Zachary**

We are grateful to see our congregation grow. It is up to all of us to help our new members feel welcome as they become active participants in our community.



### Members' Yahrzeits

- 9 Isa Leah Cymrot-Wu
- 18 David Glassberg
- 20 Norman David Kramer
- 21 Walter Palmer
- 22 Elijah Michael Silverrod MacLachlan
- 29 Allan Craig



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## From the JEWISH TOOL KIT

Interesting and useful little tidbits about Shabbat and holidays, Hebrew language, liturgy, Jewish history and other areas of Jewish life. This month...

### Kashrut: A Diet for the Soul (Part 1)

**K**ashrut, the system of dietary laws, is a well-known but often misunderstood Jewish practice. The Jewish Tool Kit is here to provide a very quick overview.

**Kosher** (in Hebrew, *ka-SHER*), meaning fit or proper, describes anything that is acceptable for use according to halacha (Jewish law)—so we can talk about a kosher sefer torah or a kosher tallit, for example. Similarly, food that is fit for consumption under the law is deemed kosher. The Torah does not actually use this word, but rather designates certain animals as *tahor*—pure/clean, or *tamei*—impure/unclean (this refers to a spiritual or ritual state that has nothing to do with physical cleanliness). The term *treif* technically refers to the prohibited meat of an improperly slaughtered animal, but in more colloquial usage it describes any food that is not kosher, for any reason.

The Jewish Tool Kit has a real beef with the misleading term “kosher style.” In popular lingo it refers to deli foods (like knishes or corned beef on rye) nostalgically associated with Jews. But kashrut concerns the permitted and the forbidden, and various rules for preparation. It has nothing to do with any ethnic or regional style.

So, what can wind up on a Jewish dinner plate? There are three basic principles:

**Principle 1:** Some things are permitted, some are forbidden. Here's how it works out. All **VEGETATION** is permitted. **FISH** (and all sea creatures) must have **BOTH** fins and scales to be kosher. So salmon, tuna and trout are among those permitted; shark, catfish, whales and shellfish of every kind are among those forbidden. There is a major dispute as to whether swordfish is kosher, but the Jewish Tool Kit has bigger fish to fry and won't get into that now. Most species of domestic **FOWL** are kosher (chickens, turkeys, ducks, geese); predatory birds and others with similar characteristics (like eagles, owls and ostriches) are not. **MEAT** is kosher if the animal has a fully split hoof **AND** chews its cud (regurgitates its food). So cattle, sheep, goats and deer are kosher; camels, pigs, rabbits, horses, dingoes, tree sloths and most other mammals are not. Finally, insects, reptiles, amphibians and all creeping, crawling, swarming things are not kosher. The one exception? Certain kinds of grasshoppers are permitted (yum!).

**Principle 2:** Some permitted foods require special preparation. Meat and fowl must be slaughtered according to the very specific and strict rules of *she'chita* (ritual slaughter), which are designed to kill the animal as humanely as possible. After *she'chita*, additional blood must be removed from the meat through a process of soaking and salting. Meat that has not been properly slaughtered and drained of blood is *treif*. There are no special requirements for preparing kosher fish.

**Principle 3:** Meat and milk must be separated. The rabbis enacted a complex series of precautionary restrictions around the Torah commandment to “not boil a kid in its mother's milk.” In summary, meat (including fowl) and dairy may not be cooked or eaten together, and the kosher kitchen must include completely separate sets of cooking vessels and utensils. *Parve* foods—those containing neither meat nor dairy—may be cooked and eaten with either.

## Rabbi Angel's Recommended Reading



Bailey, Stephen,  
*Kashrut Tefillin Tzitzit: Studies in the Purpose and Meaning of Symbolic Mitzvot Inspired by the Commentaries of Rabbi Samson Raphael Hirsh.*  
Jason Aronson Publishing.

Dresner, Samuel H.,  
*The Jewish Dietary Laws: Their Meaning For Our Time.*  
Rabbinical Assembly of America.

Lebeau, James M.,  
*The Jewish Dietary Laws: Sanctify Life.*  
United Synagogue of Conservative Judaism.

Waskow, Arthur,  
*Down-To-Earth Judaism: Food, Money, Sex, and the Rest of Life.*  
William Morrow & Co.

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So, why have Jews kept this “diet for the soul” for thousands of years? Consider that food for thought until our discussion continues in Part 2, coming soon.

*Comments about the Jewish Tool Kit or requests for topics to be covered can be sent to [PirkeiAvot@attglobal.net](mailto:PirkeiAvot@attglobal.net).*





## Pinat Yeladim Umishpachah

Children and Family Corner



### Kadimah Goes to the Theater!

Sunday, December 8, 2 pm

Continue your Chanukah celebration with Kadimah's holiday theater trip to see *Moonwatcher: A New Tale of Chelm for Chanukah*, a production by A Traveling Jewish Theatre. Bring the family to this "new musical-clown-puppet fable for our time." There is currently a waiting list for tickets. Contact the Education Office to see if tickets are available.

### Baby Chavurah

Sunday, December 15,  
10 am - noon

Bring those under twos out to play, sing, and commune with like-minded babes and their parents. Join us for potluck brunch, playtime and socializing. This month we will meet at the home of Clarissa Kripke and Gail Ludwig. Look for directions in the CSZ weekly email or contact the Education Office. Please bring your baby, plus a vegetarian dish to pass. Older siblings are welcome, as are non-members. Baby Chavurah meets every three weeks.

### Tot Shabbat

Saturday, December 21,  
10:30 am - noon

Come celebrate Shabbat with your tot. Bring your 2-5 year-olds for singing, prayer, storytelling, crafts and family Jewish fun with Sandra Menachem, Early Childhood Education Specialist. Younger siblings and non-members are welcome. Tot Shabbat meets the last Saturday of the month.

.....  
KADIMAH is CLOSED  
for Winter Holiday  
the weeks of  
December 23 and 30  
Kadimah begins again on  
January 8 (Midweek) and  
January 11 (Shabbat)  
.....



### Kadimah Teacher of the Month:

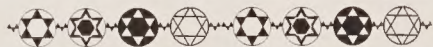
Irit Gafni-Pinchovski

Irit Gafni-Pinchovski is in her third year as a teacher on the Kadimah staff. Irit has been teaching Hebrew and Judaism in San Francisco for almost three years. She has taught at Beth Sholom and currently teaches at the Shalom School of San Francisco. Irit is a graduate of the Teacher's Training School at Hebrew University of Jerusalem where she also gained her undergraduate degree in Theater and the Arts. In her native Israel, Irit was a drama teacher and amateur actor.

Continuing with her students from last year, Irit is this year's Kitah Dalet (4th/5th grade) teacher for Midweek Hebrew. Irit brings to the classroom considerable energy, a love of the Hebrew language and Jewish tradition, and a talent for Sephardic cooking. Irit and her husband will bring their first child into their home this March. B'Sha'a Tovah! May the child come at a good hour.

### Friday Night Dinners are Coming Back!

Have you been wondering what to do with yourselves the first Friday of each month? Wonder no more. Family Dinners are coming back beginning in January. Mark January 10 on your calendar – and the first Friday of the month thereafter. Welcome Shabbat, share a meal together, sing and then stay for 7:30 services. Look for details in upcoming weekly emails and the January *Forward*.



### The Sound of Music Comes to Kadimah Classrooms

Kadimah is singing out on Shabbat mornings thanks to a new music initiative bringing music specialists to our program once a month. Songleader Rachel Shafran, a former student of Rabbi Angel's, and our own Karen Segal, are leading Kadimah's Morning T'fillah (Prayer) and teaching music in all of our Shabbat classes on a monthly basis. We hope this is a beginning of great musical adventures to come. We plan to have a dance component at least twice during this Kadimah year and to apply for funding for music and the arts for the coming school year.

Contact Sue Bojdak,  
Director of Family

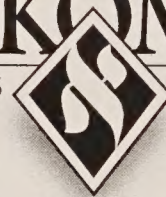
and Children's Education

(415/861-6932 ext. 302

or educator@shaarzahav.org) for more  
information about any of these programs  
or to RSVP.

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## **General Fund**

### **Yoav Shaham**

-in honor of his son's brit milah.

### **Richard Sinkoff**

-in memory of Jonathan Jesner.

-in memory of Gertrude Bernholz, Herman Sinkoff and David Tornberg.

### **Lonnie Weiss.**

### **David Angel.**

### **Jay Baskin**

-in memory of Frank Jimenez and Tootz Baskin.

-with prayers for Lisa Davis's speedy recovery.

### **Robert Daroff.**

### **Lele and Rachel Field.**

### **Joe Hample.**

### **JoEllen Kaiser.**

### **Batya Kalis**

-in honor of Ilana Rainero-de Haan's becoming bat mitzvah.

-in honor of Pieter de Haan's entrance into the covenant.

-in honor of Stephan Bain's entrance into the covenant.

-in honor of Julia Becker's becoming bat mitzvah.

### **Sadie Katz**

-in memory of Rose Negreann.

### **Marc Lipschutz**

-in honor of the birth of Jonathan David Palash-Mizner.

### **Shari Malone**

-in memory of Stan Meyerson.

### **Jerome and Adele Trupin**

-in honor of Maia Felice Ross Trupin's becoming a Kadimah student.

### **Deborah Udin**

-in honor of Aaron Belkin and Naomi Skoke.

-in appreciation of Rabbi Angel, High Holiday service leaders and volunteers.

### **Paul Cohen.**

### **Alex Ingersoll and David Stein**

-in memory of Frank Hyman.

-in memory of Viola Ingersoll.

### **Rod Leslie**

-in memory of Freida Miller Leslie.

### **Steven Marshall**

-in honor of Paul Cohen.

### **Bernard and Betty Miller**

-in memory of Jeff Miller.

### **George and Phyllis Mintzer**

-in honor of Paul Cohen, Ruthy Talansky, Ruby Cymrot-Wu and Joe Hample.

### **Richard Ostreicher.**

### **Stuart and Lee Pollak**

-in honor of Joshua Levy's becoming bar mitzvah.

### **Sarah Picker.**

### **Craig Levine.**

### **Mark Klaiman and Virginia Donohue**

-in memory of Nancy McKane.

### **Jeremy Saz.**

### **Marjorie Hilsenrad**

-in honor of James Carlson.

-in honor of Seth Charney.

-in honor of Ron Edelman.

-in honor of Joe Hample.

-in honor of Rose Katz.

-in honor of Laura Lowe.

-in honor of Phyllis and George Mintzer.

-in honor of Florence and Steve Nacamulli.

-in honor of Dev Felder-Noily.

-in honor of herself.

### **Lisa Katz**

-in honor of the birth of Jonathan Palash-Mizner.

-Ilana Rainero-deHaan and Julia Becker becoming Bat Mitzvah.

## **High Holiday Donations**

### **Herbert Kosovitz.**

### **Bradley Levy & Jennifer Tuerk.**

### **Robert Gutterman.**

### **Matthew Holzer.**

### **Evan Ginsburg.**

### **James Emery.**

### **Robert Gutterman.**

### **Jeffrey and Lila Hauptman.**

### **Herbert Kosovitz.**

### **James Mead**

-in honor of Larry Kaplun.

### **Jeanette Nichols.**

### **Hal Podgur.**

### **James Sherman**

-in honor of Jeffrey Sherman.

### **Gilda and Mel Winiker**

-in honor of Lyssa Friedman and Daphne Stuart.

### **Mike Zimmerman.**

## **Kalis Inclusive Liturgy Fund**

### **Batya Kalis**

-in memory of Esther Kalis.

## **Mission Dolores Capital Campaign**

### **Alan Berenstein**

-in memory of Rabbi Ben Marcus.

### **Randy Ellen Blaustein**

-in memory of Captain Patrick Brown.

### **Steven Elman**

-in honor of the birth of Leah Minnie Goralsky Cohen.

## **Chesir-Stein Music Fund**

### **Alex Ingersoll and David Stein**

-in memory of Fannie and Albert Stein.

-in memory of Bobbie Cahn.

## **Music in the Mishkan**

### **Jerry Rosenstein**

## **Rabbi's Discretionary Fund**

### **Allen Berenstein.**

### **Jonathan Funk**

-in memory of Robert W. Arnold.

### **Alex Ingersoll.**

### **Arnie Jackson**

-in memory of Richard D. Wright.

-in memory of Louis Jackson.

### **Steven Marshall**

-in honor of Rabbi Angel.

### **Jeanette Nichols**

-in honor of the madrachim.

### **Pieter de Haan and Ruth Rainero**

-in honor of Rabbi Angel.

### **Phyllis and George Mintzer.**

### **Michele Sullivan**

-in honor of Rabbi Angel, Larry Wexler and the congregation for the naming of Vera and Jonathan.

## **Bikkur Cholim**

### **Batya Kalis**

-in honor of Alan Berenstein.

## **Children's Education Fund**

### **Steven Elman**

-in honor of Carolyn Pines.



## DECEMBER BIRTHDAYS

- 1 Trudy Fulton-Smith
- 1 Rachael Reiley
- 1 Andrea Bass
- 2 Rose Heath Katz
- 2 Paul Fishman
- 3 Sue Bojdak
- 3 Sophie Macks
- 4 Maxine Epstein
- 5 Reuben Zellman
- 6 Dan Alpert
- 7 Rina Prussin
- 9 Lisa Windesheim-Zigas
- 9 Chaya Rivka Mayerson
- 9 Lisa Inman
- 9 Sara Felder Noily
- 10 Rod Leslie
- 10 Debbie Levy
- 10 Cindy Icke
- 10 Eli Kapsack
- 11 Ro'e Zaid
- 12 Walter Leiss
- 12 William Goldstein
- 13 Anna Downs
- 14 Isabel Lahn-Schroeder
- 14 Aaron Goldman-Maclachlan
- 14 Maureen Bennett
- 15 Nina Raff
- 15 Phil Charney
- 15 Ron Lezell
- 16 Karen Segal
- 17 Howard Goldin
- 17 Ina Fried
- 18 Leslie Kane
- 19 Theodora Mauro
- 19 Michael Peck
- 19 A. David Shaber
- 20 Michele Sullivan
- 22 Ellen Murland
- 22 Gabriel Recht-Appel
- 22 Jesse Felder Noily
- 23 Evan Kuluk
- 23 Jeffrey Piade
- 24 Yonah Levy
- 24 Drew Parker-Rose
- 25 G'dali Braverman
- 26 Daniel Meyer-O'Keeffe
- 26 Anne Bluethenthal
- 26 Ruthy Talansky
- 26 Jose Luis Moscovich
- 27 Rick Shelton
- 27 Anita Silver
- 27 Nancella Ribak
- 28 Allison Schaffer
- 28 Beth Jaeger Skigen
- 29 Julie Hansen
- 29 Bernard Choden
- 29 Reuben Winters Raff
- 30 Stacey Hart
- 30 Lissette Alfonso
- 31 Sam Thal
- 31 Gerry Llamado
- 31 Greer Hauptman

## Naches

- To Susan Mizner and her partner Andrea Palash, on the birth of their son, Jonathan David Palash-Mizner.
- To Joanne, Bruce and Eli Kapsack, on the namings of Asher and Zoe Rose.
- To Patricia Lin on the publication of the research/policy report that she co-authored entitled, "Religious & Spiritual Change in America: The Experience of Marin County, California."
- To our new member Jonathan Crosby on winning the 2002 Jewish Image Award for Excellence in Documentary for his film "Fighter."
- To Nancy Kates on completing her documentary film about Bayard Rustin.

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